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Focus on diversity: living with disabilities on campus

The knowns, unknowns of multiple sclerosis

By Maile Widman SPECIAL TO THE COLLEGIAN

Stop for a minute and try to imagine what it might look and feel like if you had multiple sclerosis. It's possible that if you had MS, you wouldn't be able to kick a soccer ball, or pick up your backpack or briefcase. Simple tasks many of us take for granted every day would suddenly become difficult to accomplish.

According to the National Multiple Sclerosis Society, multiple sclerosis is "an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body.'

"Just walking up and down the halls, without the coordination (I) tend to weave a bit drunkenly," William Adams, professor of journalism and digital media who lives with MS, said. "I can only use one hand and I'm not that coordinated with it. If it's too heavy, I can't pick it up anymore."

The cause of MS is still unknown. According to the National Multiple Sclerosis Society. scientists believe the disease is triggered by as-yet-unidentified environmental factors in people who are genetically predisposed to respond.

While doctors do not know the cause of MS, they do know how the disease works. All of our actions, from ones as simple as breathing to walking, to solving complex problems, rely on the proper functioning of our central nervous system. Our brains contain millions of nerve cells, which send and receive signals. These signals are essential parts of doing, thinking or feeling things.

Normally, the paths these signals travel over are protected by a fatty substance that surrounds and insulates nerve fibers called the myelin sheath. In MS, the myelin sheath is eroded and the nerve fiber is also damaged, so the nerve cells can't transmit signals.

Scientists believe that in MS, immune cells which normally protect our body from disease and outside invaders attack and erode the myelin, disrupting nerve

signals. This disruption causes symptoms ranging from numbness and tingling to blindness and paralysis, which may be temporary or permanent.

There are four types of MS. The most common type is relapsing-remitting MS. According to the National Multiple Sclerosis Society, approximately 85 percent of people with MS are initially diagnosed with relapsing-remitting MS. This disease is characterized by clearly-defined attacks followed by a recovery period, during which symptoms improve partially or completely, and there is no apparent progression of the

Another type of MS is called secondary-progressive MS. Most people that are diagnosed with relapsing-remitting MS will eventually transition to secondary-progressive MS, and the disease will begin to progress more steadily, though not necessarily more quickly, with or without relapses.

The third type is primary-progressive MS, which is characterized by steadily worsening neurologic function from the beginning. The rate of progression may very over time, have plateaus or temporary, minor improvements. There are no distinct relapses with this type of MS. About 10 percent of those with MS are diagnosed with primary-progressive MS. This is the type of MS Adams has

The least common of the four disease courses, progressive-relapsing MS, is characterized by steadily progressing disease from the beginning, with occasional increases in its severity. Those with this form of MS may or may not experience some recovery following these attacks. The disease will continue to progress without remissions.

While there unfortunately is no cure for multiple sclerosis, there are some drug treatments that can help those who are living with the disease. The U.S. Food and Drug Administration is coming out with new disease-modifying medications that can reduce the frequency and severity of relapses, reduce the accumulation of lesions in the brain and spinal cord, and may slow down the accumulation of disability. Also,

Living with disability, learning on campus



Parker Robb | the Collegian

In efforts to help students succeed at K-State, the university offers several resources for students to utilize. Specifically for students with disabilities, K-State has the Student Access Center where students can visit to make accommodations that fit to their personal needs.

By Morgan Huelsman SPECIAL TO THE COLLEGIAN

pproximately 3 percent of the K-State student body is living with a disability. This is equivalent to more than 600 students.

This percentage only includes those who have officially documented their disabilities with the Student Access Center. Out of those 600 students, 95 percent of them have a disability that is not visible. According to the center's website, these non-visible disabilities include learning disabilities, ADHD, psychological, or traumatic brain injury.

The remaining 5 percent, however, possess visible disabilities like blindness or low vision, deafness or hard-of-hearing, or physical impairments.

The Student Access Center helps to provide equal access and opportunity to all campus programs and services for students with disabilities. With the support and help of the entire campus community, the center works to ensure that everyone can fully experience university life.

There have been a lot of changes with how society views people with disabilities and just being more inclusive so we wanted to follow that pattern (with our services)," Andrea Blair, director of the Student Access Center, said. "I have two sign language interpreters on staff, two other disability advisers, an administrative assistant and a testing center

The center provides several accommodations for students with varying disabilities, including alternative text, service animals, testing centers, assistance with lectures, listening devices, housing services and transportation.

For instance, the Area Transportation Agency Bus is a local transportation service open to everybody, but specifically helps those who need assistance in mobility. Neither the university nor the center, however, is required to provide a transportation service for students.

CONTINUED ON PAGE 7,

"DISABILITIES"

there have been various types of therapies used to help with rehabilitation. Most of the aspects those who suffer from MS need help or therapy is in four areas: physical, occupational, cognitive and vocational.

Despite these drugs, people with MS suffer from many different symptoms. Common symptoms include bladder problems, bowel dysfunction, depression, dizziness or vertigo, emotional changes, fatigue, itching, pain, spasticity, tremors, walking and gait difficulties, vision problems, cognitive changes and sexual problems.

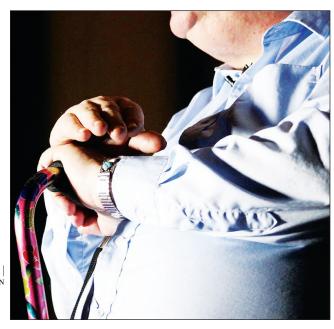
After learning how to live and manage multiple sclerosis, many people might start to wonder why they got MS in the first place. They are not alone; more than 2.3 million people are affected by MS worldwide.

"I didn't realize how many people had (MS) nowadays," Adams said. "Meeting with other people who have it can prepare you for what's going to happen, and at the same time you realize it's not all that different from how other people are dealing with it."

> CONTINUED ON PAGE 7. "MS"

Photo Courtesy of Maile Widman, Morgan Huelsman, and Courtney Liebl

William Adams, professor of journalism and digital media, lives





Professor does not let his disease limit his teaching ability, life

By Courtney Liebl Special to the collegian

It's unfortunate that disabilities like multiple sclerosis exist. In a perfect world, no one would have to live or cope with diseases and disabilities. Sadly, we don't live in a perfect world. Fortunate-

ly, however, people living with a

disability have options available to them.

William Adams is no exception to that rule.

Adams is a professor in the journalism and digital media sequence. He has been teaching at K-State for 30 years, and living with multiple sclerosis for 15

being able to remain mostly independent despite his MS slowly getting worse.

He does, however, have to rely on some assistance from the A.O. Miller School of Mass Communication and Journalism, as well as the Student Access Center.

Adams prides himself on CONTINUED ON PAGE 3, "ADAMS"

Photo Courtesy of Maile Widman, Morgan Huelsman, and Courtney Liebl \mid the collegian **William Adams**, professor of journalism and digital media, has lived with multiple sclerosis for 15 years – he has taught at K-State for 30.

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SOCIAL MEDIA

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The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Som Kandlur at 785-532-6556 or email news@

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Zits | By Jerry Scott and Jim Borgman









DURUM

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

It's official, I'm definitely addicted to the KenKen.

I like how the university tests its emergency sirens without telling Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email the four um@kstatecollegian. com. Your e-mail address or phone number is logged but not published.

ARREST REPORTS

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THE BLOTTER The Maze (4815162342)

Tuesday, April 7

Sawyer Pence, of the 1000 block of Sunset Avenue, was booked for driving under the influence. Bond was set at

Dean Eugene Turpin, of the 900 block of North Eighth Street, was booked for probation violation. Bond was set at \$5,000.

Laveria Denise Daniely, of the 800 block of Pottawat-

amie Avenue, was booked for possession of opium, opiates and narcotics with intent to distribute. No bond was set.

Tristian Noah Gooden Heit, of the 1000 block of Michael Road, was booked for probation violation. No bond was set.

James Thomas Moore, of the 2300 block of Cheryl Terrace, was booked for criminal trespass and violation of protection orders. Bond was set at \$2,000.



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3:30 p.m.: The Vespers of the Un-nailing 6 p.m.: The Lamentations (The Orthros of Great and Holy Saturday)

Saturday Apr. 11 (Great and Holy Saturday) 10:30 p.m.: Midnight Office and Festal Orthros of Pascha

Sunday Apr. 12 (HOLY PASCHA)

12:01 a.m.: Paschal Divine Liturgy (Breaking of the Great Fast follows)

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Change your food, change your life

By Karyn Elliott the collegian

Por many, college is the first time we are really in control of our diet. No more of our parents' home-cooked meals; we alone decide what we eat. Some don't really care what they put into their body, as physical health is not their primary concern.

There are several students, though, who care about the food

A food lifestyle can be defined as a complex diet that influences the way a person lives. Lindsey Truesdell, junior in kinesiology and nutrition, has been a vegetarian for four years.

"I am a vegetarian because it helps me make healthier decisions," Truesdell said. "Vegetarian diets are good for the most part; they help decrease incidents of heart disease. Vegetarians have lower BMIs (body mass indexes), generally. There's a lot of good health benefits."

A vegetarian, as defined by the North American Vegetarian Society, is a person that abstains "from eating all animal flesh including meat, poultry, fish and other sea animals." Vegetarians subside mostly on vegetables, fruits, legumes and grains.

According to Brown University's article, "Being a Vegetarian," it is important for vegetarians to pay attention to their protein, iron and calcium, as well as vitamins D and B-12. Due to cutting out meat and other animal products, these levels tend to be lower in those who choose a vegetarian lifestyle.

"You definitely have to be careful and make sure that you're still eating a complete diet," Truesdell said.

Most of these deficiencies can be controlled by consuming other foods, though, like eggs and pea-



PHOTO ILLUSTRATION BY LAUREN NAGLE | THE COLLEGIAN

Planning a change in diet could be a challenge that could help students lead healthier lives. Whether students decide to take the route of a vegetarian diet or not, students should be careful and make sure they are still eating what they need to for a healthy diet.

nut butter to balance protein lev-

There are several different kinds of vegetarianism, though. According to the North American Vegetarian Society, a ovo-vegetarian will also eat eggs; a lacto-vegetarian consumes dairy products; and a ovo-lacto vegetarian includes both eggs and dairy products. There are also many vegetarians who consume shellfish or fresh water fish, but no poultry or red meat – these are referred to as

pescatarians.

A vegan (aka a total vegetarian) consumes no animal products at all. Many vegans also do not eat honey, according to Brown University's article.

According to Vegetarian Times article "Why go Veg?," vegetarian diets are more healthful than the average American diet, particularly in preventing, treating or reversing heart disease and reducing the risk of cancer. There has also been proof of increased

energy among vegetarians, and the cost of being vegetarian or vegan is relatively cheaper than consuming the average American diet because meat accounts for 10 percent of food costs.

Julie Gibbs, director of health promotion at Lafene Health Center, said she believes that these diets tend to be more popular especially among college-aged adults due moving out of their parents' households and exploring new diets and ways of life.

"A lot of the benefits would come from lower cholesterol and blood pressure," Gibbs said. "The only downside to it is that you could be missing out on some nutrients that come with dairy products or meat products, since you're restricting yourself."

Gibbs recommends that anyone wanting to become vegan or vegetarian should really research and develop an understanding what it takes to get the right nutrients.

Greek gets laughs with stand-up



Cassandra Nguyen | the collegian rforms stand-up comedy at the

Maureen Barry, senior in economics, performs stand-up comedy at the 2015 Greeks Got Talent competition in McCain Auditorium on Wednesday. The competition was an event for K-State Greek Affairs' Greek Week.

ADAMS | Professor teaches journalism for 30 years, spent 15 living with MS

CONTINUED FROM PAGE 1

Marlene Franke, the administrative officer for the journalism and mass communications department, has assisted Adams with getting the basic help he needs. For instance, MS makes it extremely difficult for Adams to be able to tolerate warmer temperatures or be in the sunlight for extended periods of time. Because of this, Adams' office in Kedzie Hall doesn't allow much sunlight into the room.

According to Franke, Adams hasn't asked for any special help from the department.

"He really does not want the help," Franke said. "He really just wants to do it on his own."

"I think because it's a very private matter ... I mean, there's always going to be some people who are going to take special advantages of some sort, but the couple ones

that I've dealt somewhat with have not wanted any special preference," Franke said. "Other faculty members on campus that I know have dealt with it the same way. They just really don't want to (the help), and they really don't want to make that special request."

The journalism and mass communications department provides all the necessary services and assistance that a faculty member would need if they have a disability. There are some hoops to jump through first, however.

"They have to first fill out paperwork at human resources and then they need to visit with the person in charge of benefits and declare that they do in fact have a disability," Franke said. "They have to show proof from their doctors and things like that. Then human resources will work with the department and if there's anything that needs to be done as far as logistics for the faculty

member to be able to do his or her job, then that will have to be done."

Franke said that despite Adams' disability, he hasn't never let that affect his teaching in the 30 years that she's known and worked with him.

"He's been teaching the digital photography class and he enjoys photography and working with the students; he's really involved with the students and he likes to work with them," Franke said. "At the end of the semester he would bring, I'm not kidding, he would bring four tables full of food and it was everything exotic, to appetizers, to gingerbread cookies, to everything in between. He would make it like in the real world where students would present their programs and then they would have food and they would have their critiques after. So he's just very involved with the students. It's very important for him to have them

Gheck out . what's happening at K-State

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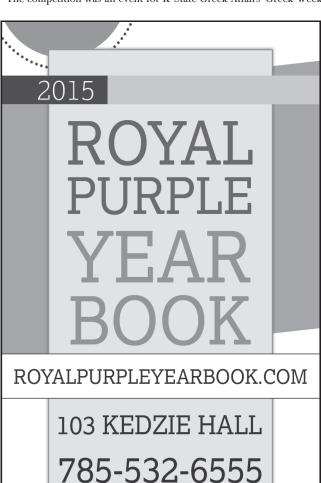
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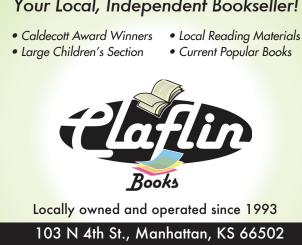








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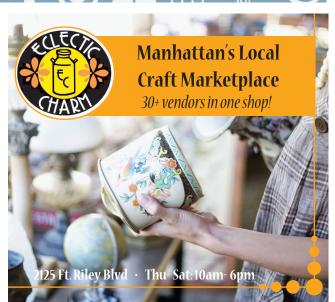
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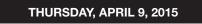
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File Photo by Cassandra Nguyen | the collegian

Junior quarterback **Joe Hubener** rushes down the field at the K-State vs. Texas football game at Bill Synder

Quarterback battle highlights early spring football practices

FOOTBALL

By Emilio Rivera The Collegian

uarterbacks: they come and they go. Some even manage to do great things.

That rings true for K-State, which has sustained quality in the position over the last four years with Collin Klein and Jake Waters.

A decision looms for longtime head coach Bill Snyder that could define the next step for his football team. Last time around, after tinkering with a one-two quarterback system, Snyder and his staff went with Waters, who possessed greater ability throwing the ball, but could also run when needed.

This time around, the Wildcats face a similar choice that could see a Klein-esque running quarterback like junior Joe Hubener — "Bazooka Joe" as he goes by in some circles — or a more traditional passing quarterback in sophomore Jesse Ertz.

"I think Joe (Hubener) and Jesse (Ertz) probably have been the two that have moved forward over most of the rest," Snyder said Tuesday at K-State's first spring football press conference. "I think the young guys that we talk about all the time, the young freshman — and I do not like to talk about a freshman — but he has caught our eye as well. I think he is going to be in the mix."

The freshman Snyder referred to is Hays, Kansas product Alex Delton. During his senior year at 4A-I Hays, Delton (who was rated the top-rated high school quarterback in Kansas by ESPN) ran for 1,519 yards and 17 touchdowns

while also throwing for 1,402 yards and 13 touchdowns.

Each of the six quarterback options on the spring roster seem to hold at least one set of skills, from being a strong thrower to a run-andgun type of quarterback. That alone could make Snyder's decision even more difficult.

"Their skill sets are not necessarily at different arenas, but at different levels; some guys are a little better at one skill set than the other guy and so on down the road," Snyder said. "Everybody is kind of at a different level right now."

While the race remains open, expectations outside the K-State football program are that Hubener, who saw considerable action in 2014, will take the reigns as the starting quarterback come fall.

"I am just really trying to step up as a leader; that is my main objective," Hubener said. "Jake (Waters) was a tremendous leader, as was Collin (Klein), so those were some really big shoes to fill."

Those shoes, whether worn by Hubener, Ertz or Delton, come with the expectations of being a dual-threat quarterback who can throw it downfield or pull it down at a moment's notice for a run.

"I think (having a dual-threat quarterback) is huge, especially for our offense and what we want to do, adding another blocker and keeping the quarterback with the ball gives you an advantage," Ertz said. "That is just something that we use in our offense, and it is important for quarterbacks in our offense to be able to run as well as pass."

Wildcat fans will get their first glimpse of Hubener, Ertz and Delton on April 25 at the annual Purple and White Spring Game in Kansas City, Kansas at Sporting Park

Offense boosts K-State past Nebraska-Omaha | Johnson announces

BASEBALL

Family Stadium on Oct. 25, 2014

By Timothy Everson the collegian

K-State baseball's bats came alive Wednesday night, as the Wildcats put up double-digit runs for the first time since mid-March in a 10-2 dismantling of Nebraska-Omaha at Werner Park in Papillion,

Junior catcher Alex Bee drew first blood as a fly out in the top of the fourth inning scored senior infielder Shane Conlon.

The Wildcats notched another run in the fifth inning as a throwing error brought junior outfielder Clayton Dalrymple across the plate to take a 2-0 lead on the Maverials.

Senior starting pitcher Mark Biesma cruised through the first four innings with little problem, giving up only three hits.

However, Nebraska-Omaha had a response for K-State later in the fifth inning. The Mavericks would get the benefit of a two-out walk with the bases loaded to get their first run across before K-State junior reliever Brandon Erickson brought another run around after hitting the next batter to even the score at two.

From that point, the Wildcats' pitching was on lockdown. K-State allowed just two hits in the final three innings to shut the door on Nebraska-Omaha.

Meanwhile, K-State's bats were just heating up. The Wildcats took a 3-2 lead on a junior infielder Tyler Wolfe single in the seventh that scored senior infielder



File Photo by Cassandra Nguyen | the collegian

Junior **Tyler Wolfe** slides towards third base before Santa Clara freshman infielder **Evan Haberle** catches an out during the K-State vs. Santa Clara baseball game series on March 7 at Tointon Family Stadium.

Carter Yagi.

K-State kept the fire rolling into a monster six-run eighth inning that put the game far out of reach.

Wolfe and Dalrymple put up two RBIs each in the eighth inning. Yagi tallied one RBI and Browning walked with the bases loaded.

Wolfe led all players with three RBIs, even though he only recorded one hit on the evening.

K-State added insult to injury in the top of the ninth inning, as sophomore infielder Steve Serratore added one more run to finish the Mavericks off.

Junior reliever Lucas Benenati

grabbed his first win of the season after pitching a near flawless seventh and eighth

K-State now holds a 8-1 all-time series lead against Nebraska-Omaha. The Wildcats are 9-3 this season when scoring at least five runs and undefeated when scoring more than nine runs.

The win also snaps a three-game losing skid.

K-State will now return home for a weekend series with conference powerhouse in No. 2 TCU. First pitch between the Wildcats and Horned Frogs is scheduled for 6:30 p.m. on Friday at Tointon Family Stadium.

Johnson announces decision to transfer

MEN'S BASKETBALL

By Tate Steinlage The Collegian

The K-State men's basketball team faced their fourth offseason departure Wednesday after sophomore guard Nigel Johnson announced via Twitter that he intends to transfer out of the program.

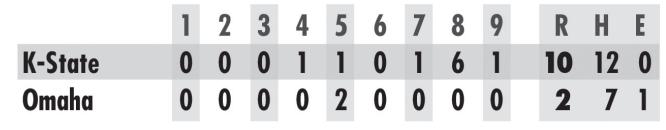
"After much deliberation, I say farewell," Johnson wrote on Twitter. "Thank you to my KSU coaches, my teammates, KSU community, to all my fans & supporters."

News of Johnson's decision was first reported Wednesday morning by Matthew Hatfield of VirginiaPreps.com. Shortly after the original report, Johnson took to social media to formally announce his intentions.

In two years at K-State, Johnson averaged 4.6 points and 1.6 assists per game. This past season, the sophomore guard played in all 32 games, starting seven times. His minutes increased toward the end of the season after scoring a career-high 20 points on 8-11 shooting in a 70-63 upset of No. 8 Kansas. Later that week, Johnson tallied 17 points on 7-13 shooting in another upset of No. 12 Iowa State.

Johnson is the fourth player to leave the program this offseason. Sophomore guard Jevon Thomas announced two weeks ago that he, too, was transferring. Also at that time, K-State head coach Bruce Weber announced that sophomore guard Marcus Foster and freshman guard Tre Harris were dismissed from the program for not living up to its standards.

K-State is now without a returning point guard for the 2015-16 season, and only sophomore Wesley Iwundu and junior Justin Edwards return with starting experience in the backcourt. The Wildcats are also down to five scholarship players (not counting the incoming recruiting class), two of which are working their way back from injury.





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CONTINUED FROM PAGE 1

"As a university K-State always wanting to be helpful, we continue using the transportation service to help all students," Blair said.

When Blair looks at other universities' programs that help provide equal access to students with disabilities, K-State stands out as one of the most supportive.

"My colleagues at other schools are envious because our faculty, our staff and the people are just very accommodating and helpful," Blair said. "They go out of their way to make sure students have above the minimum.'

Although the center's staff is well-equipped to handle disabilities, the university itself is not. Many of the buildings at K-State are not up-todate in terms of disability access.

"The campus is old and buildings are old; the disability access doors are typically in the back of old buildings and that's kind of the way it is," Blair said. "That's unfortunate."

DISABILITIES | Campus 'old,' 'unfortunate'

In regards to remodeling of old buildings and the building of new ones on campus, Blair said she applauds K-State's efforts to make new buildings more accessible.

"I think the university is doing a great job with all of the new building that's going on to think about things like stair-less entries," Blair said.

Little changes in buildings, like stair-less entries and elevators, are not the only things helping students with disabilities; technology is also making an impact. As professors started to post PowerPoints on K-State Online, all students, including those with disabilities, benefitted. Adding work online and making email easily accessible is a huge step for those especially with learning disabilities.

Working in a place like the Student Access Center has allowed Blair to understand individuals with a variety of disabilities.

"It's years of experience that I can understand and feel compassion for students," Blair said. "It's made me a compassionate person to understand that we are all different and we are all still individuals."

Despite the K-State atmosphere of inclusiveness and supportive, there is still a need for change. The Student Access Center is still seeing several students and Blair said she hopes this will no longer be the case someday.

We can all just be inclusive and then we don't need an access center," Blair said. "As people live their day-to-day lives and make decisions, think about their perspective. Instead of putting stairs and ramp, why don't we just put a ramp?"

MS | 'You can't give up'

CONTINUED FROM PAGE 1

While there is no known cause of MS, doctors have concluded some factors of why some people may be more prevalent to having MS than others. Most people diagnosed with MS are between the ages of 20-50. MS is known to occur more frequently in areas that are further away from the equator, which suggests that vitamin D may play a role in determining whether or not someone develops

According to the National Multiple Sclerosis Society, studies have shown that people born in an area with a high risk of MS who then move to an area with a lower risk before the age of 15 will then assume the risk of the area they have moved to. This evidence suggests that exposure to an environmental agent before puberty may predispose people to develop MS later in their life.

The average person in the U.S. has a 1 in 750 chance of developing MS. MS is at least two to three times more common in women than in men, which leads researchers to believe hormones play a significant role in determining susceptibility

Researchers also believe that genetics are an important factor in who will develop MS. First-degree relatives of someone with MS have a higher risk of developing MS. If genes were solely responsible for passing on and developing the disease, however, there would be 100 percent chance that the identical twin of someone with MS would have MS as well. Since it is a one in four chance, scientists know that there are other factors

This complicated disease is not going anywhere, and those living with it need a cure. Spread awareness for this disease and donate money to research so someday, people like Adams can be treat-

"Considering the other types of handicaps you can run into, MS really is one of the more mild ones," Adams said. "It has bad days, but there are a lot more good ones than bad ones. Frankly, I want to keep moving as much as I can ... you just have to keep going. You can't give

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